

**Claims**

1. A recording/reproducing apparatus, characterized by comprising:
  - 5 a recording medium having different transfer rates in accordance with record positions; and control means for controlling a temporary record area to be released by writing the data transferred from a host apparatus into the temporary record area with use of a predetermined record area of the recording medium as the temporary record area, and transferring the data from the temporary record area to another record area having a lower transfer rate than that of the temporary record area during an idle period.
  - 15 2. The recording/reproducing apparatus according to claim 1, characterized by further comprising:
    - a memory for storing a table for managing address information on a file in the recording medium,
    - 20 wherein the control means reads the table in the recording medium into the memory in response to a predetermined mode switch command from the host apparatus, and checks an empty area in the temporary record area or an empty area in the another record area with reference to the table stored in the memory.
    - 25 3. The recording/reproducing apparatus according to claim 1, characterized in that if an access request for the storage apparatus from the host apparatus does not occur after the lapse of a predetermined time or longer, the control means controls to

release the temporary record area by transferring data from the temporary record area to the other record area having a lower transfer rate than that of the temporary record area.

5 4. The recording/reproducing apparatus according to claim 1, characterized in that

the control means compresses data and writes the data into the temporary record area, and decompresses the compressed data before the data is transferred to the other  
10 record area.

5. A recording method for recording data into a recording medium having different transfer rates in accordance with record positions, characterized by comprising the steps  
15 of:

writing data transferred from a host apparatus into a temporary record area with use of a predetermined record area of the recording medium as the temporary record area; and

20 releasing the temporary record area by transferring the data from the temporary record area to another record area having a lower transfer rate than that of the temporary record area during an idle period.

25 6. The recording method according to claim 5, characterized by further comprising:

reading the table in the recording medium into a memory in a recording/reproducing apparatus in response to a predetermined mode switch command from the host apparatus;

30 and

checking an empty area in the temporary record area

or an empty area in the another record area with reference to the table stored in the memory.

7. The recording method according to claim 5,  
5 characterized in that:

if an access request for the storage apparatus from the host apparatus does not occur after the lapse of a predetermined time or longer, the temporary record area is released by transferring data from the temporary record area  
10 to the another record area having a lower transfer rate than that of the temporary record area.

8. The recording method according to claim 5,  
characterized by further comprising the steps of:  
15 compressing data to be written into the temporary record area; and

decompressing the compressed data read from the temporary record area at the time of transferring the data from the temporary record area to the another record area.